




The fruits of follow-up appointments...



Chaz
 [cvillette](#)

<https://cvillette.livejournal.com/2008-08-27> 18:29:00

MOOD:  nervous

Wabbit, I brought you a peach cake from Baltimore. Better get it before Blaze catches the scent.



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.


Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet puppets. Scary.

26 comments

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 [trollcatz](#)

August 28 2008, 00:38:53 UTC COLLAPSE

Vegan gluten-free killer cinnamon bun? These are not words I expect to find together. Okay, clearly, testing must occur.

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 [cvillette](#)

August 28 2008, 00:48:18 UTC COLLAPSE

...why would you want to eat vegan gluten free anything unless you had to?

I *like* gluten.

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 [cvillette](#)

[August 28 2008, 01:01:15 UTC](#) [COLLAPSE](#)

This is truth! Which is why veggie burgers that do not pretend to be ground meat are awesome. And the ones that pretend to be ground meat are horrid.

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 [cvillette](#)

[August 28 2008, 01:01:57 UTC](#) [COLLAPSE](#)

See? Perfectly sensible.

Life without gluten would be so sad. :-(

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 [cvillette](#)

[August 28 2008, 01:09:23 UTC](#) [COLLAPSE](#)

And carbohydrates are your body's chief energy source. Ever heard of [rabbit starvation?](#)

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 [cvillette](#)

[August 28 2008, 01:22:02 UTC](#) [COLLAPSE](#)

I have a brain like a scrap heap. *g*

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 [cvillette](#)

[August 28 2008, 01:44:41 UTC](#) [COLLAPSE](#)

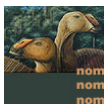
Magic powers!



[wendolen](#)

[August 28 2008, 07:03:03 UTC](#) [COLLAPSE](#)

Rabbit starvation doesn't happen if the no-carb diet is accompanied by sufficient fat. :)




 [cvillette](#)

[August 28 2008, 12:51:36 UTC](#) [COLLAPSE](#)

Nope. That's more on the malnutrition, constipation, and kidney, liver, and heart disease end of the scale. ;-)

Also, your brain and muscles run on carbs, and the byproducts of breaking down protein to get glucose are generally not very pleasant to sit next to on the train.

 wendolen

August 28 2008, 15:26:10 UTC COLLAPSE

Nope. That's more on the malnutrition, constipation, and kidney, liver, and heart disease end of the scale. ;-)

The only thing on that list that's backed by empirical evidence is constipation. I'm just sayin'. :)

Also, your brain and muscles run on carbs, and the byproducts of breaking down protein to get glucose are generally not very pleasant to sit next to on the train.

Thankfully, one of the most common blood lipids is the humble triglyceride, which is stuck together out of three glucose molecules, and which you have plenty of if you're eating adequate fat. :D



 cvillette

August 28 2008, 16:21:09 UTC Edited: August 28 2008, 16:26:14 UTC COLLAPSE

Sadly, the oft-repeated claim that there is no empirical evidence that increased protein consumption affects liver and kidney function, while it would be comforting, is just not so. I'd prefer it if it were, trust me--it would be a lot easier for me to maintain weight if I could do it on a diet of porterhouse and milkshakes.

You might find this study interesting, as a starting point:

<http://jeb.biologists.org/cgi/reprint/201/13/2081.pdf>

I have my own suspicions about obesity in the westernized world, and I think it's a complex problem. However, it's not something I've ever had to personally worry about. Kidney disease, on the other hand....

 wendolen

August 28 2008, 16:49:09 UTC COLLAPSE

I'd prefer it if it were, trust me--it would be a lot easier for me to maintain weight if I could do it on a diet of porterhouse and milkshakes.

We're not talking about the same thing, and I'm getting too frustrated to remain polite and articulate while you talk down to me, so I'm done with this. :)

 wendolen

August 28 2008, 17:35:34 UTC COLLAPSE

I've collected my thoughts. I got frustrated because it looked like you were being deliberately obtuse.

My basic point was that there are three macronutrients. Reducing the amount of sugars (simple or complex) that you eat does not imply increasing the amount of proteins that you eat -- indeed, there is a bare minimum required every few hours, and beyond that there's really no need to eat protein.

As far as energy, there are essential nutrients (particularly EFAs) that are important to get, but people who are willing to question the (often corrupt) 20th century science on this topic and do their own research have been finding that good fats (like the fats found in pastured beef and dairy) are healthier sources of energy than the whole grains we're so often urged to gobble. (I say this with a bellyful of oatmeal, FWIW.) Indeed, research has begun to show that a lot of the vitamins that were considered essential (such as C) are only required in large quantities to metabolize plant starches.

All I'm sayin' is, you may have a brain like a scrap heap, but that doesn't mean you've heard everything, or that everything you think you know is sound. :)



[inaurolillium](#)

[August 28 2008, 21:43:29 UTC](#)

[COLLAPSE](#)

One of the problems with obesity in the westernized world is how we define it. The weight of US citizens hasn't changed much in the past three decades, but the definition of obesity has (the BMI to qualify as obese was lowered in, I think, the mid 80s), giving the illusion that obesity is on the rise. And not only is BMI as a measurement suspect, since the standard formula includes only weight and height, but new studies show that weight is a bad measurement of health, period.

I know this one isn't particularly personal for you, Chaz, but should your curiosity be piqued, I also recommend the book Rethinking Thin, which, among other things, discusses ignored studies over the past five or six decades that show that weight is largely genetically determined, and how the original study (which was performed for insurance companies, not medical researchers) used to create the Body Mass Index was seriously flawed in its statistical methodology.



[cvillette](#)

[August 29 2008, 01:22:00 UTC](#)

[COLLAPSE](#)

BMI is freaking stupid anyway. Let's throw out the height/weight chart and... replace it with an arbitrary number that is generated from height/weight charts?



[inaurolillium](#)

[August 29 2008, 07:52:50 UTC](#)

[COLLAPSE](#)

Yes!

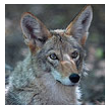


 lynnnet

August 28 2008, 15:55:56 UTC COLLAPSE

There is a group of people in the Himalayas who live entirely on meat and milk products. They raise goats, and the goats eat the local vegetation. The area has soil too poor for growing crops. There was a documentary on them several years ago. Some Western physicians visited them (in the summer) to see if the diet had consequences for their health. Aside from the normal problems of being isolated, dirt poor, and having no access to health care, they were in great health.

It struck me as a great rebuttal to the strident vegetarians who say eating meat is bad for people.



 cvillette

August 28 2008, 16:24:57 UTC Edited: August 28 2008, 16:27:05 UTC

COLLAPSE

The Maasai also get pulled out often as an example of a meat-and-milk-based diet. (Meat--specifically wild game--is also what the traditional Inuit lived on.)

However, the Maasai are extremely physically active, their life expectancy is approximately forty-five to fifty years, and they do show extreme arteriosclerosis at that age.

Documentation:

The hearts and aortae of 50 Masai men were collected at autopsy. These pastoral people are exceptionally active and fit and they consume diets of milk and meat. The intake of animal fat exceeds that of American men. Measurements of the aorta showed extensive atherosclerosis with lipid infiltration and fibrous changes but very few complicated lesions. The coronary arteries showed intimal thickening by atherosclerosis which equaled that of old U.S. men. The Masai vessels enlarge with age to more than compensate for this disease. It is speculated that the Masai are protected from their atherosclerosis by physical fitness which causes their coronary vessels to be capacious.

<http://aje.oxfordjournals.org/cgi/content/abstract/95/1/26>

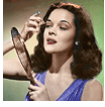
 xengar

August 28 2008, 01:50:22 UTC COLLAPSE

My brother and father have Celiac disease, my father developing symptoms late enough in life that I'm still in the range of *hoping* I got my digestive system from my mother's side. As for how they get by, my mother became an experimental cook and my brother copied a lot of her recipes before going off to college. For someone who has the time and resources to do their own cooking it's not too bad, especially now that you can just look up gluten free recipes on the internet rather than having to develop the substitutions by

trial and error.

Meanwhile, I'm with you 100% on the Atkins thing! Especially the pasts, and I don't even have Italian ancestry to blame for it :)



 [Ometotchtli](#)

[August 28 2008, 00:36:31 UTC](#) [COLLAPSE](#)

Why do employers not understand that *that* is how you motivate employees to work late?

(As if I could have left, anyway. No west for the wabbits.)

But my food is eternally safe from Blaze, of all people. Oh, wait--that was before your time! He ate a cupcake of mine. It was unguarded on my desk, and he filched it and ate it. So I thought he needed a lesson in healthy eating.

Did you know [Peapod](#) will deliver to an office? Twenty one-pound bags of carrots, *thirty* pounds of celery, fifteen large cucumbers, seven heads of red cabbage, and two twenty-pound bags of Idaho potatoes.

Billed to his Visa.

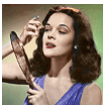


 [cvillette](#)

[August 28 2008, 00:38:24 UTC](#) [COLLAPSE](#)

Marry me.

He was always swiping my jellybeans when I was Down the Hall.



 [Ometotchtli](#)

[August 28 2008, 00:42:53 UTC](#) [COLLAPSE](#)

Now I wish I had Eevil Psychic Powers. I would make him dream of being forced to drink Karo Syrup by the gallon. Nobody eats my little bruddah's jelly beans and gets away with it.



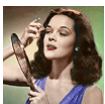
 [cvillette](#)

[August 28 2008, 00:45:13 UTC](#) [COLLAPSE](#)

Those jellybeans were medically necessary!

But, you know. Blaze.

...you think he knows the entire Federal Government calls him "Blaze?"




 [Ometotchtli](#)


[August 28 2008, 00:53:49 UTC](#) [COLLAPSE](#)

...

...

...I bet I could get it on his IRS forms.




 **cvillette**

August 28 2008, 00:55:28 UTC COLLAPSE

Okay, that offer of marriage? Change it to an offer of lifetime servitude.

...oh, wait, you already have that.

There are not enough less-than-threes in the world.



 **Ometotchtli**

August 28 2008, 01:01:22 UTC COLLAPSE

MUWAH-HAH-HAH-HAH! Ah, life is good.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet puppets. Scary.